CLAIMS:

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- 1. A video encoding method provided for encoding an input image sequence consisting of successive groups of frames themselves subdivided into blocks, said method comprising the steps of:
- preprocessing said sequence on the basis of a so-called content-change strength (CCS) computed for each frame by applying some predetermined rules;
 - estimating a motion vector for each block of the frames;
- generating a predicted frame using said motion vectors respectively associated to the blocks of the current frame;
- applying to a difference signal between the current frame and the last predicted frame a transformation sub-step producing a plurality of coefficients and followed by a quantization sub-step of said coefficients;
 - coding said quantized coefficients; wherein said CCS is used in said quantization sub-step for modifying the quantization factor used in said quantization sub-step, said CCS and the quantization factor increasing or decreasing simultaneously.
 - 2. A video encoding device provided for encoding an input image sequence consisting of successive groups of frames themselves subdivided into blocks, said device comprising the following means:
- preprocessing means, provided for preprocessing said sequence on the basis of a socalled content-change strength (CCS) computed for each frame by applying some predetermined rules;
 - estimating means, provided for estimating a motion vector for each block of the frames;
- generating means, provided for generating a predicted frame on the basis of said motion vectors respectively associated to the blocks of the current frame;
 - transforming and quantizing means, provided for applying to a difference signal between the current frame and the last predicted frame a transformation producing a plurality of coefficients and followed by a quantization of said coefficients;
- coding means, provided for encoding said quantized coefficients; wherein an output of said preprocessing means is received on an input of said transformation and quantization means for modifying on the basis of said CCS the quantization factor used in said quantization sub-step, said CCS and the quantization factor increasing or decreasing simultaneously.